



## *Lexington Recreation and Community Programs*

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### **FALL 2015 PROGRAMS**



#### **Town of Lexington Recreation & Community Programs Department**

39 Marrett Road, Lexington, MA 02421

OFFICE: (781) 698-4800

FAX: (781) 861-2747

Cancellation Line: (781) 698-4810

Email: [recdept@lexingtonma.gov](mailto:recdept@lexingtonma.gov)

**Fall Registration Begins on Monday, August 24th, 2015**



## GENERAL INFORMATION

### Mission Statement

The Lexington Recreation and Community Programs Department strives to provide affordable, quality programs meeting the needs of the community. We are committed to providing active and passive leisure opportunities that are educational, fun and life-enriching. The Department promotes participation by all Lexington residents in safe, accessible and well-maintained facilities.

#### **Recreation Committee**

Rick DeAngelis, Chair  
Lisah Rhodes, Vice Chair  
Sandra Shaw  
Ruixi Yuan  
Vacant

#### **Recreation & Community Programs Staff**

Karen Simmons, CTRS, CPRP—Director of Recreation & Community programs  
Peter Coleman, CPRP, CPSI — Assistant Director  
Tyler Radicioni — Recreation Supervisor  
Donna Dutton — Administrative Assistant  
Cherie Robinson — Department Clerk  
Sheila Butts — Community Center Director  
Thomas Romano — Youth and Family Program Coordinator  
Melinda Corssino — Community Center Office Manager  
Karen Edwards— Community Center Clerk

### Enterprise Fund

The Recreation and Community Programs Department has operated as an Enterprise Fund since 1991. Recreation programs are self-supported by setting fees to cover all expenses. The Director of Recreation and Community Programs, through the Recreation Committee, sets fees with the approval of the Board of Selectmen. The Recreation and Community Programs operating budget supports staff who manage and deliver recreation programs along with the materials and supplies needed to operate these programs. The General Fund supports a portion of the Community Center operation. Surplus revenue generated through the Recreation Enterprise Fund (Recreation, Pine Meadows Golf Club, and Lexington Community Center) helps fund Capital Improvement Projects and financially supports some services provided to the department by other Town departments, and payment of \$100,000 per year towards the Lincoln Park debt.

### Registration Information

**Online registration is the preferred method and strongly recommended** for all programs except swim tag sales. Go to: [www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm). We also accept walk-in registration and mail-in registration as long as space is available. Feel free to familiarize yourself with the website prior to registration. Registration is first come, first served and 100% of all program spaces will be available online as of August 24, 2015 at 12:01 a.m. Resident walk-in registration also begins on August 24, 2015 at 8:30 a.m. Non-resident walk-in and mail-in registration for non-aquatics programs begins September 8, 2015. There is a \$5.00 (youth) or \$10.00 (adult) additional fee for non-resident program registrations. We accept cash, check, MasterCard, VISA, or Discover for mail-in or walk-in registration; credit cards only for online registration.

### Refund Policy

The Lexington Recreation and Community Programs Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been cancelled, changed, postponed or relocated due to space availability. Programs are subject to change in personnel. The Recreation and Community Programs Department does not confirm program registrations. **You must be pre-registered to attend all programs.**

- All refunds will be issued in the form of a check from the Town Treasurer's Office. **Refunds to credit cards are not permitted.** Please allow 3—4 weeks for processing of refunds.
- If insufficient enrollment causes an activity to be cancelled, participants will receive a full refund.
- Refunds, less the minimum \$10.00 non-refundable deposit\*, may be given to a participant who withdraws from a program **two weeks** or more prior to the start of the program. To be eligible for a refund, the request must be in the form of a letter or email to the Recreation and Community Programs Department stating the reason for withdrawing and the participant's name and address. **\*some program non-refundable fees are higher.**
- Refunds may be given for medical reasons which arise less than two weeks prior to the start of a program. To be eligible for such a refund, the request must be in the form of a letter to the Recreation and Community Programs Department, accompanied by a physician's letter. The minimum \$10.00 non-refundable deposit\* will be deducted from the refund. In the event that a medical issue arises after the start of a program, the refund may be prorated.
- In the event of weather cancellations the Recreation and Community Programs Department will offer make-up sessions. Refunds or credits will not be given if make-up classes are scheduled and held, but a participant is unable to attend.
- Participants who withdraw from a program five business days prior to the start of a program may receive a **credit**, less the minimum \$10.00 non-refundable deposit\*, towards another Recreation program provided that a waitlist participant fills the spot and/or the minimum level of participants has been reached.
- Participants who withdraw from a program less than five business days prior to the start of the program are **not eligible for a refund or credit** as program expenses (staffing and supplies, etc.) will have been incurred. Refunds or credits will not be given for early termination of a program by the participant.
- **Program Transfers**—If space allows, participants will be permitted to switch/transfer to another class or program. A \$10.00 processing fee will be assessed and must be paid by check or cash, when requesting the transfer. Should the program the participant is transferring into have a higher fee, he/she will be expected to remit the transfer fee and the difference at the time of requesting the transfer.
- **Please note:** Some programs have a different minimum deposit or refund/credit policy, which are noted in the brochure.



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## HELPFUL TELEPHONE NUMBERS, EMAIL AND WEBSITES

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### **Recreation & Community Programs Department**

[recdept@lexingtonma.gov](mailto:recdept@lexingtonma.gov)

**(781) 698-4800**

### **Online Registration**

[www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm)

### **Recorded Information & Cancellations**

**(781) 698-4810**

### **Recreation & Community Programs Facebook Page**

[www.facebook.com](http://www.facebook.com) (search Lexington, MA Recreation Department)

### **Battle Green Tennis League**

[www.battlegreentennis.com](http://www.battlegreentennis.com)

### **Lexington—Bedford Youth Hockey**

[www.lbyh.net](http://www.lbyh.net)

### **LBH Pop Warner Football**

[www.lbhpopwarner.com](http://www.lbhpopwarner.com)

### **Lexington Babe Ruth League**

[www.lexington.baberruthonline.com](http://www.lexington.baberruthonline.com)

### **Lexington Blue Sox**

[www.lexingtonbluesox.com](http://www.lexingtonbluesox.com)

### **Lexington Chamber of Commerce**

[www.lexingtonchamber.org](http://www.lexingtonchamber.org)

**(781) 862-2480**

### **Lexington Coed Adult Soccer**

[franco.diaz@att.net](mailto:franco.diaz@att.net)

### **Lexington Community Center**

**(781) 861-2550**

### **Lexington Community Education**

[www.lexingtoncommunityed.org](http://www.lexingtoncommunityed.org)

**(781) 862-8043**

### **Lexington Little League**

[www.lexingtonlittleleague.org](http://www.lexingtonlittleleague.org)

### **LEX FUN (formerly Lexington Preschool PTA)**

[www.lexfun.org](http://www.lexfun.org)

### **Lexington Human Services**

[www.lexingtonma.gov](http://www.lexingtonma.gov)

**(781) 698-4840**

### **Lexington Youth Basketball**

[www.lexhoops.com](http://www.lexhoops.com)

### **Lexington Youth Lacrosse**

[www.lexingtonlax.org](http://www.lexingtonlax.org)

### **Lexington United Soccer Club**

<http://lexingtonunited.org>

### **Lexpressas Women over 40 Soccer**

[www.lexpressas.org](http://www.lexpressas.org)

### **Men's Senior Softball**

[lexsoftball@gmail.com](mailto:lexsoftball@gmail.com)

### **Special Needs Arts Programs, Inc.**

[info@Snapsing.org](mailto:info@Snapsing.org)

### **Visitor's Center**

**(781) 862-1450**

# SAVE THE DATE



## Saturday, October 17, 2015

10:00 A.M.—1:00 P.M.

## LEXINGTON COMMUNITY CENTER GRAND OPENING CELEBRATION



### FAMILY FUN NIGHTS at the Community Center

*Co-Sponsored with the Human Services Department*

\* Be on the look out for more Family Fun Night's in our next brochure!

#### Family Movie Night! - October 23rd

Come join us for the first ever Family Fun Night at the Community Center! Bring your friends, family, and neighbors. We will be serving popcorn and watching a family friendly movie!

<b>Fee:</b>	<b>FREE</b>
Ages:	All
Dates:	October 23rd
Time:	7:00 — 8:30 p.m.
Location:	LCC Dining Room

#### Minute to Win it Tournament! - November 13th

Come over to the Community Center for a friendly competition of **Minute to Win it**, a fast paced, quick thinking game, where you will use skills you never knew you had and might win a prize from it!

<b>Fee:</b>	<b>FREE</b>
Ages:	All
Dates:	November 13th
Time:	6:30 — 8:30 p.m.
Location:	LCC Dining Room

#### Family Bingo Night! - December 11th

Bring your family over to the Community Center for a fun night of BINGO! Entrance fee includes all your playing needs and goes towards prizes during the night!

<b>Fee:</b>	<b>\$10/Family</b>
Ages:	All
Dates:	December 11th
Time:	6:30 — 8:30 p.m.
Location:	LCC Dining Room

# PRE-SCHOOL, YOUTH, & TEEN VACATION, EARLY RELEASE DAY PROGRAMS, & SPECIAL EVENTS

## BRICKS 4 KIDZ—TEENAGE BRICK TURTLES LEGO WORKSHOP

**NEW**

Grab your katanas & nunchucks as we prepare to fight crime with the Teenage Brick Turtles! Practice LEGO engineering as you build two of the courageous turtles and their wise sensei, Master Splinter. Strengthen your ninjutsu skills to defeat the villainous Shredder and his evil Foot Clan. Let's build and play...Brick Turtle style!

**Fee:** \$85  
**Ages:** 6+  
**Dates:** Saturday, September 26th  
**Time:** 9:00a.m. — 12 Noon  
**Location:** LCC Room 221

## BRICKS 4 KIDZ—A PIRATE'S QUEST LEGO WORKSHOP

**NEW**

Shiver me timbers as we explore the popular culture behind the life of a pirate. Build a LEGO motorized pirate ship, a helm and an anchor, as we batten down the hatches and prepare for a mutiny! Beware me mateys, it's too late, you must abandon ship and build a rowboat to escape. Anchors away!

**Fee:** \$85  
**Ages:** 6+  
**Dates:** October 24th  
**Time:** 9:00a.m. — 12 Noon  
**Location:** LCC Room 221

## BRICKS 4 KIDZ—CLASH OF BRICKS

**NEW**

All you Clash of Clans fans, gather your barbarians and archers! It's time for battle...Bricks 4 Kidz style! Collect and store gold and elixir to train troops and build villages with LEGO bricks. You must stop at nothing to defend your village from enemy attacks! Experience the thrill of battling barbarians, greedy goblins, powerful PEKKAs, and wild wall breakers. All this and more at Clash of Bricks Camp.

**Fee:** \$200  
**Ages:** 6+  
**Dates:** December 28th—31st  
**Time:** 9:00a.m. — 12 Noon  
**Location:** LCC Room 221

## NASHOBA VALLEY TUBING TRIP!

**Come along snow tubing at Nashoba Valley on Thursday January 14, 2016.** We will be meeting in your school's cafeteria at 11:45a.m. to eat lunch and then the bus will pick us up at 12:30p.m. We will tube from 1:30 – 3:30p.m. and your parent is expected to pick you up at 4:15p.m. at your school. For Boston students, you will be supervised at your designated school until the late bus picks you up. The fee is \$40 and includes transportation and snow tubing. You are required to bring your lunch.



If the tubing trip to Nashoba Valley is cancelled because of adverse weather participants will be notified at their school and an announcement will be placed on the Recreation and Community Programs Information Line (781) 698-4810. A credit will be placed on your account if the program is cancelled.

The registration deadline is December 23rd.

**Fee:** \$40  
**Grades:** 6th, 7th & 8th  
**Dates:** January 14th, 2016  
**Time:** 11:45 a.m. – 4:15 p.m.  
**Location:** Nashoba Valley Tubing Park





## PRE-SCHOOL, YOUTH, & TEEN VACATION, EARLY RELEASE DAY PROGRAMS, & SPECIAL EVENTS

### WINTER VACATION CHESS CLINIC

Join U.S. Chess Federation expert **Jim Della Selva** for a December Vacation Chess Clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in daily matches.

**Fee:** \$125  
**Ages:** 6–15  
**Dates:** December 28th –31st  
**Time:** 10:00 a.m. – 12:00 noon  
**Location:** LCC Room 217

### WICKED COOL FOR KIDS—EARTH, SPACE, AND SEA

**NEW**

Create STEAM-based (Science, Technology, Engineering, Arts and Math) models and representations of planets and stars, Earth's changing surface or the ocean environment. Students will engage in dynamic activities that illustrate processes such as weathering and erosion, the rock cycle, the formation of celestial bodies, or the fine balance of an ocean ecosystem.

**Fee:** \$30  
**Ages:** 5-11  
**Dates:** Wednesday, October 28th  
**Time:** 1:30 – 4:00 p.m.  
**Location:** LCC Room 230

### WICKED COOL FOR KIDS—LEGO WE-DO ROBOTICS

**NEW**

The We-Do Robotics system features LEGO models that incorporate working motors and sensors combined with simple programming software. Focus on programming pulleys, gears, motors, and sensors to work with tethered LEGO robots.

**Fee:** \$30  
**Ages:** 7-11  
**Dates:** Wednesday, November 4th  
**Time:** 1:30 – 4:00 p.m.  
**Location:** LCC Room 230

### LASER CRAZE—WOBURN

**NEW**

Come join us for laser tag and pizza at LaserCraze in Woburn! Their two story laser tag arena offers the opportunity to tag your friends in a fast paced and exhilarating team based format. We will be leaving from the Community Center at 5:15–5:30, we will be playing laser tag starting at 6:30 and ending at 8p.m. We will be back at the Community Center by 9:00p.m where your parent is expected to pick you up. The fee is \$40, it includes two games of laser tag, transportation, and food. We hope to see you there, sign up as soon as possible spots are limited!

**Fee:** \$40  
**Ages:** 7-10 or 11-14  
**Dates:** **(Ages: 7-10)** Friday, October 16th  
**(Ages: 11-14)** Friday, November 6th  
**Time:** 5:15 – 9:00 p.m.  
**Location:** LCC Lobby

### MAKE-A-PLAY - WITH KIDSTOCK!

**NEW**

This two day workshop will involve every young actor in the creative project of developing their own original ideas into a short musical titled "THERE'S NO BUSINESS LIKE SNOW BUSINESS" featuring everyone onstage in a costumed character role! Art projects will help create props and scenery for our presentation for an audience of family and friends at the end of the second day. Theater games build cast unity, acting skills and stage confidence in addition to the rehearsal of our musical. Our original play will be based on several "snow-themed" stories and our imaginations will author the outcome!

**Fee:** \$175  
**Ages:** 6–12  
**Dates:** December 29th–30th  
**Time:** 9:00 a.m. – 4 :00 p.m.  
**Location:** December 29–LCC 242  
December 30–LCC Rooms 230,232



## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### VIKING PRE-SCHOOL SOCCER CLINIC

The ever-popular Viking Sports Camps returns to Lexington this fall to introduce the game of soccer to boys and girls ages 4 and 5. Children should bring their own soccer ball (size 3 or 4), shin guards, sneakers or soccer cleats, and a water bottle. Parents and/or guardians are asked to stay for the 45-minute program and encouraged to participate with their child.

<b>Fee:</b>	<b>\$80</b>
<b>Ages:</b>	4 and 5
<b>Dates:</b>	Fridays, September 18th – October 30th (No 10/9)
<b>Times:</b>	3:45 – 4:30 p.m. or 4:45 – 5:30 p.m.
<b>Location:</b>	Muzzey Field

### VIKING MULTI-SPORTS CLINIC

**NEW**

Children will play a variety of fun games including dodgeball, capture the flag, soccer, tag, and more! This clinic will focus on fun games and constant playing. If you're looking for a program that offers a mix of traditional instruction and skill development that is reinforced with a scrimmage, then this Multi-Sports Clinic is for your child!

<b>Fee:</b>	<b>\$80</b>
<b>Ages:</b>	4–8
<b>Dates:</b>	Tuesdays, September 15th – October 20th
<b>Times:</b>	3:45 – 4:30 p.m. for ages 4 and 5 4:45 – 5:30 p.m. for ages 6-8
<b>Location:</b>	Muzzey Field

### F.A.S.T. ATHLETICS PRESCHOOL T-BALL CLINIC

**NEW**

Let's take a walk through the fundamentals of America's favorite pastime. Children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction into t-ball where learning and skill development are our priorities.

<b>Fee:</b>	<b>\$90</b>
<b>Ages:</b>	3–5
<b>Dates:</b>	Sundays, September 20th – November 1st (No 10/11)
<b>Times:</b>	12:00 – 12:45 p.m. or 1:00 – 1:45 p.m.
<b>Location:</b>	Lincoln Park Little League Field

### F.A.S.T. ATHLETICS FLAG FOOTBALL CLINIC

**NEW**

F.A.S.T. Athletics will teach everyone game strategies, catching techniques, and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, fourth and inches, and The QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams!

<b>Fee:</b>	<b>\$95</b>
<b>Ages:</b>	7–12
<b>Dates:</b>	Fridays, September 18th – October 30th (no class 10/9)
<b>Time:</b>	4:00 – 5:00 p.m.
<b>Location:</b>	Fiske School Field

### F.A.S.T. ATHLETICS FLOOR HOCKEY CLINIC

**NEW**

With hockey season underway, come join F.A.S.T. Athletics for some floor hockey fun. Fundamentals of hockey will be taught along with good sportsmanship and rules. After the instructional period is over, each day will end with a good old fashion floor hockey game.

<b>Fee:</b>	<b>\$95</b>
<b>Ages:</b>	7–12
<b>Dates:</b>	Mondays, November 9th – December 14th
<b>Time:</b>	4:00 – 5:00 p.m.
<b>Location:</b>	TBD





## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### FALL YOUTH TENNIS LESSONS

The Fall Youth Tennis Lessons are designed to introduce children ages 4 to 14 to the life-long sport of tennis. The participants will learn the basic rules of the game, work on stroke development and serves (when appropriate) through drills and games. Lessons are held at the Valley Tennis Courts 1 & 2 on Valley Road. *Enrollment is limited to 8 per class.*

#### AGES 4 & 5

**\$45**

**Dates:** 4 Tuesdays, September 15th — October 6th  
**Times:** 4:15—4:45 p.m. or 4:45—5:15 p.m.

#### AGES 6 & 7

**\$45**

**Dates:** 4 Tuesdays, September 15th — October 6th  
**Time:** 5:15—5:45 p.m.

#### AGES 8 & 9

**\$45**

**Dates:** 4 Thursdays, September 17th — October 8th  
**Time:** 4:15—4:45 p.m.

#### AGES 10 & 11

**\$45**

**Dates:** 4 Thursdays, September 17th — October 8th  
**Time:** 4:45—5:15 p.m.

#### AGES 12—14

**\$60**

**Dates:** 4 Thursdays, September 17th — October 8th  
**Time:** 5:15—6:00 p.m.



### SUPER SOCCER STARS FALL PROGRAMS

Join Super Soccer Stars for some outdoor soccer fun this fall! Super Soccer Stars will be offering their unique programs on Saturday mornings for boys and girls ages 2—7 as well as on Wednesday mornings for boys and girls ages 2-5. Super Soccer Stars will also be offering the Wednesday Kick and Play program for children ages 12 to 24 months with a caregiver. SHINE classes for individuals with developmental disabilities will take place on Saturday mornings and mini-league programs for children ages 3-7 will be held on Monday evenings.

Wednesday classes will take place at the Muzzey Field on Massachusetts Avenue, adjacent to the Muzzey Condominium Building.

Programs on Mondays and Saturdays will be held at the Hastings School Field on Crosby Road off of Massachusetts Avenue.

**PLEASE NOTE:** all registration for Super Soccer Stars programs must be done directly through Super Soccer Stars. You may register online by going to: [www.supersoccerstars.com](http://www.supersoccerstars.com) and clicking on the "Boston" tab to access the schedule.



## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### WICKED COOL FOR KIDS—LEGO ENGINEERING JUNIOR **NEW**

Lego Engineering Junior is a 6-week program designed especially for kids in grades K-1. The activities promote teamwork and critical thinking skills as kids investigate basic engineering concepts using DUPLOs. Build a seesaw, vehicle, and spinning top and other fun working mechanisms. Perfect for the young builder with tiny hands!

**Fee:** \$120  
**Ages:** 5 – 7  
**Dates:** Mondays, September 28th–November 9th (No 10/12)  
**Time:** 4:00 – 5:00 p.m.  
**Location:** LCC Room 237

### WICKED COOL FOR KIDS—LEGO ENGINEERING **NEW**

This 6-week program will teach children in grades 2-4 basic engineering concepts, problem solving and teamwork by playing and building with LEGOs.

**Fee:** \$120  
**Ages:** 7 – 11  
**Dates:** Tuesdays, September 29th–November 3rd  
**Time:** 4:00 – 5:00 p.m.  
**Location:** LCC Room 232

### WICKED COOL FOR KIDS—ANATOMY ACADEMY **NEW**

Attention future doctors: The Anatomy Academy is now is session! We'll delve into human body's fascinating system of cells, tissue and organs. Create a model of blood, skin, and tour the digestive system. Build a working representation of the lungs and make a creepy-cool model of the eye. You'll discover you are smarter than you think when we learn all about the brain and how it works.

**Fee:** \$120  
**Ages:** 8 – 12  
**Dates:** Thursdays, October 1st–November 5th  
**Time:** 4:00 – 5:00 p.m.  
**Location:** LCC Room 232

### EVERYDAY I'M CALCULATIN' **NEW**

Do you want to see improvement in your grades, your understanding and your confidence in math? Join an experienced and fun math teacher and tutor, for an hour of homework help, re-teaching difficult concepts, and previewing upcoming units. We will pay attention to both the big picture and the little details. Math can and will be fun!

**Fee:** \$98  
**Ages:** 10–13  
**Dates:** Wednesdays, September 30th–December 2nd (No 11/11, 11/25)  
**Time:** 5:00 – 6:00 p.m.  
**Location:** LCC Room 217

### TRAIN LIKE A BOXER! **NEW**

The Lexington Community Center is thrilled to present Introduction to Boxing - led by USA Boxing Certified trainer/coach Todd Paris this program has been specifically designed to include: stretching & warm up exercises, instruction on stance, body positioning, punching techniques, punching in bunches on shields & mitts, jumping rope, push-ups, ab work, and to teach you how to work well with a partner and teamwork drills! Fee included Free hand wraps!

\* For an added \$25 you can get your very own set of boxing gloves. Must order before October 16th.

**Fee:** \$175  
**Ages:** 13-18  
**Dates:** Mondays & Wednesdays November 2nd – December 16th (No 11/11, 12/14)  
**Time:**  
3:15–4:15 p.m. (Ages: 16-18)  
4:15–5:15 p.m. (Ages: 13-15)  
**Location:** LCC Room 006



## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### BEGINNER YOUTH CHESS CLASSES (8-weeks)

Students will join **Jim Della Selva** to begin exploring chess theory and strategies, learning the basics of the game through instruction, play, theory and group work on chess problems and games. Class size is limited to 8.

**Fee:** \$125  
**Ages:** 5–11  
**Dates:** Thursdays, Sept. 24th – November 12th  
**Time:** 4:35 – 5:35 p.m.  
**Location:** LCC Room 245

### INTERMEDIATE AND ADVANCED YOUTH CHESS CLASSES (8-weeks)

More experienced youth players will join **Jim Della Selva** to further explore chess theory and strategies. The course will consist of instruction, play, theory and group work on chess problems and games. Class size is limited to 8.

**Fee:** \$125  
**Ages:** 6–13  
**Time:** Intermediate, 4:35–5:35 pm  
Advanced, 5:35–6:35 p.m.  
**Dates:** Tuesdays, September 29th – November 17th  
**Location:** LCC Room 245

### FUNDAMENTALS OF FENCING

Whether you are new or more experienced you will learn new techniques and try out the skills in weekly duels and sword games instructed by **Mythquest Edutainment** staff.

**Fee:** \$90/session  
**Ages:** 7–14  
**Dates:** Session I: September 15th – October 27th (No 9/22)  
Session II: November 3rd – December 8th  
**Time:** 6:30 – 7:30 p.m.  
**Location:** LCC Rooms 230/232

### COMBINED MARTIAL ARTS



Come to the Community Center and join instructor **Charles Crayton Jr.**, a 6th degree black belt for classes in combined martial arts. Come away learning self defense moves of all kinds, a sharper mind, patience, and self discipline.

**NEW**

**Fee:** \$85  
**Ages:** 8-11; 12-15  
**Dates:** Tuesdays (Ages 8-11) & Thursdays (Ages 12-15)  
September 29th – November 19th  
**Time:** 4:30 – 5:30 p.m.  
**Location:** LCC Room 006

### BRICKS 4 KIDZ—GADGETS & GIZMOS!

This unit is all about the fun of doing something with what you've built. From a spinning top to a spin art model, kids will love playing with their creations! But don't worry, we sneak in lots of learning, too understanding probability in the "3-in-a-row" game model and learning about friction and symmetry with the spinning top lesson. Don't miss out!

**NEW**

**Fee:** \$125  
**Ages:** 5–10  
**Dates:** Tuesdays, October 8th – November 12th  
**Time:** 4:30 – 5:30 p.m.  
**Location:** LCC Room 217

### SMART START BASKETBALL

This program will teach children (and parents) a variety of basketball skills including dribbling, ball handling, shooting, passing, catching, and running in a fun, non-threatening environment and allow participants to work one-on-one with a parent. A parent **must** attend and space is limited, so register early!

**Fee:** \$60  
**Ages:** 5–7 with a parent  
**Dates:** Saturdays, January 9th – February 13th, 2016  
**Time:** 9:15 – 10:15 a.m.  
**Location:** Estabrook School Gym



## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### ACTING UPI WITH KIDSTOCK!

**NEW**

This cast of young playmakers will explore a new storybook each week with creative theater games and character role play using costumes and props to develop basic acting skills. For the end of our 6 weeks every student will appear as a character role in a costumed dramatic presentation of the final storybook for an audience of family and friends during the final 30 minutes of the last class. Each session is a unique set of books following a theme. SESSION 1: "Marvelous Monsters" SESSION 2: "Winter Wizards"

**Fee:** \$130  
**Ages::** 6—8  
**Dates::** Thursdays (6-8)  
**Session 1:** September 24th—October 29th  
**Session 2:** November 5th — December 17th  
(No 11/26)  
**Time:** 4:00 — 5:30 p.m.  
**Location:** LCC Room 242

### STAGE PLAYERS WITH KIDSTOCK!

**NEW**

This cast of older playmakers will develop an original play based on the "script" of a single storybook read on the first class day and then participate in adapting it as "verbal playwrights" into an imaginative staging with their own decisions! By the end of our 6 weeks every student will appear in a character role of their choice in a costumed dramatic presentation for an audience of family and friends during the final 30 minutes of the last class. Each week theater games build cast unity, acting skills and stage confidence in addition to the rehearsal of our story drama. Each session involves a unique book following a theme. SESSION 1: "Frankenswine" SESSION 2: "Auntie Claus"

**Fee:** \$130  
**Ages::** 8-12  
**Dates::** Tuesdays (8-12),  
**Session 1:** September 22nd—October 27th  
**Session 2:** November 3rd — December 17th  
(No 11/24)  
**Time:** 4:00 — 5:30 p.m.  
**Location:** LCC Room 242

### BUDA ULTIMATE FRISBEE CLINICS

BUDA and Lexington Recreation & Community Programs are providing an expanded youth Ultimate Frisbee program this fall. This program is designed to teach children all they need to know in order to play and have fun. Our programs feature a mix of individual skills work, group games, and drills. They're designed to be fun and very active. All players should bring water and cleats are recommended for the more advanced groups.

For younger players, we will have U10 and U12 programs which will teach the basic skills. For advanced 12 year olds and 13-15 year olds, the U15 Developmental program will continue instruction and emphasize more Ultimate scrimmaging, understanding rules, and basic strategy. For players who wish to compete against other teams to prepare themselves for high school competition, a U15 Travel team is now being offered. This group will focus more intensely on advanced skills and strategy. The first session will be a "tryout" session. Players who are not ready will be placed in the U15 Developmental program. On 2-3 weekends, the U15 Travel program will have a 3-hour round robin tournament instead of the usual practice time and it is likely that these events will be local.

**Fee:** \$86 per child  
**Dates:** Sundays, September 13th — October 25th (no program on 10/11)  
**Location:** Diamond Middle School Fields  
**U10 Program:** 2:00 — 3:30 p.m.  
**U12 Program:** 2:00 — 3:30 p.m.  
**U15 Developmental:** 3:30 — 5:00 p.m.  
**U15 Travel:** 3:30 — 5:00 p.m.





## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### YOUTH FIELD HOCKEY CLINIC



Learn the sport of Field Hockey with Lexington High School varsity coach Laura Galopim and members of the LHS team. The clinic will focus on the skills needed for game play. No prior experience is necessary. All participants will need goggles, stick, mouth guard, and shin guards. Sticks can be provided with notice and all participants will receive a t-shirt.

**Fee:** \$100  
**Ages:** Grades 1-6  
**Dates:** Tuesdays, September 15th – October 20th  
**Times:** 5:30 – 7:00 p.m. on 9/15 & 9/22 and  
5:00 – 6:30 p.m. on, 9/29, 10/6, 10/13, and 10/20  
**Location:** Lincoln #3

### GIRLS OPEN GYM HOOP TIME

Girls only open gym time, supervised by Kathryn Robb and Liz O'Neil. Girls - lace up your sneakers and come shoot around, play pick-up basketball, shooting games, etc. Work on your basketball skills and have fun with other players and friends. This is not a team practice time, just fun open gym time to play hoop and shoot around! This program is being offered in partnership with Play to Play, a non-profit organization devoted to empowering girls through the game of basketball.

**Fee:** \$50  
**Ages:** 8-17 (Girls Only)  
**Dates:** Fridays, September 11th – November 20th (No 10/9)  
**Time:** 6:00 – 8:00 p.m.  
**Location:** Estabrook School Gym

### ARCHERY CLINIC

During this five-week program, participants will learn to shoot a bow and arrow in the Junior Olympic archery development program under the direction of a certified instructor from Archery USA. All equipment is provided. Students will progress at their own pace. *Enrollment is limited.*

**Fee:** \$110  
**Ages:** 9-14  
**Dates:** Thursdays, September 17th – October 15th  
**Time:** 3:30 – 5:00 p.m.  
**Location:** Muzzey Field

### ADAPTIVE BASKETBALL PROGRAM

This program is designed to offer children with a cognitive or physical disability the opportunity to learn and play basketball in a cooperative, non-threatening, fun environment. The program takes into consideration the individual needs and abilities of every participant, and modifications are made to the game and training to allow full participation and enjoyment for each child. Volunteers are welcome and parents are encouraged to participate.

**Fee:** \$65  
**Ages:** 6–16  
**Dates:** Saturdays, January 9th – February 13th, 2016  
**Time:** 10:30 – 11:15 a.m.  
**Location:** Estabrook School Gym

### THUNDERCAT DECEMBER VACATION SPORTS JAM **NEW**

Play, play, and play some more! Thundercat Sports multi-sport program is designed to give a taste of several sports to young athletes and the sports they will play include basketball, soccer, floor hockey, dodgeball, and more. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Participants should bring a snack, lunch (for full day participants), wear athletic clothing, sneakers, and a water bottle.

**Fee:** \$110 (half day)/ \$155 (full day)  
**Ages:** 7–12  
**Dates:** Monday, December 28th – Thursday, December 31st  
**Times:** 9:00 a.m. – 12:00 p.m. (half day)  
9:00 a.m. – 3:00 p.m. (full day)  
**Location:** Diamond Middle School Gym





# YOUTH BASKETBALL CLINICS AND BASKETBALL LEAGUES

## Girls Youth Basketball Clinic

**Early Registration Fee: \$95**

**Saturdays, January 9 – March 19, 2016** (no program on 2/13)

**Registration Fee after December 4: \$105**

This program is for girls in 1st-4th grade and will be a fun introduction to the game of basketball including proper instruction on shooting, dribbling, passing, and ball handling techniques. The basics of the game will be taught including general principles of defense and offense by a variety of engaging and child-centered games, drills, and instruction. The focus will be on learning the game of basketball in a joyful, empowering, and girl-friendly environment.

This program is being offered in partnership with **Kathryn Robb and Liz O'Neil**, the co-founders of Play to Play, a non-profit organization devoted to empowering girls through the game of basketball. All clinic instructors will be trained in the Play to Play's coaching workshop: "Coaching the Female Athlete."

**1st & 2nd Grade:** 9:00-10:15am @ Fiske

**3rd & 4th Grade:** 10:30-11:45am @ Fiske

## Boys Youth Basketball Clinic

**Early Registration Fee: \$95**

**Saturdays, January 9 – March 19, 2015** (no program on 2/13)

**Registration Fee after December 4: \$105**



The 2nd-4th Grade Boys Youth Basketball Clinic is designed as an instructional program in which the basic skills of basketball will be introduced and reinforced through drills and scrimmage games. This program will be on Saturday mornings. All children must register in advance. Spots are limited in this program and it is limited to Lexington residents ONLY.

**2nd Grade:** 9:00-10:30am @ Diamond

**3rd Grade:** 10:45am-12:15pm @ Diamond

**4th Grade:** 10:45am-12:15pm @ Clarke

## In-Town Recreation Basketball Leagues Grades 5 - 8

**Weeknights and Saturdays, November 23, 2015 - March 12, 2016** (not on 11/25-11/28, 12/21-1/2, 1/18, & 2/13-2/18)

**Early Registration Fee: \$155**

**Registration Fee after October 9: \$165**

The In-Town Basketball League is an organized recreational basketball program for students currently enrolled in Grades 5-8. There is a separate 5th/6th grade league and a 7th/8th grade league and the leagues are gender-specific. Fundamentals, skill development, teamwork, and sportsmanship will be emphasized while competitiveness is kept to a minimum. The teams will practice for 1 hour one night a week and games will be played on Saturday afternoons. Practice and game time will rotate throughout the season and **all practices and games will take place at either the Clarke Middle School or Diamond Middle School. Information about the specific start date of practices and games for each league will be emailed to all participants in mid-November.**

### 5th/6th Grade Girls

**Practices:** 6:00-7:00pm or 7:00-8:00pm on Mondays or Thursdays

**Games:** 12:30pm or 1:35pm on Saturday afternoons

### 5th/6th Grade Boys

**Practices:** 6:00-7:00pm or 7:00-8:00pm on Tuesdays or Wednesdays

**Games:** 2:45pm, 3:50pm, 4:55pm, or 6:00pm on Saturdays

### 7th/8th Grade Boys

**Practices:** 6:00-7:00pm or 7:00-8:00pm on Mondays or Thursdays

**Games:** 1:00pm, 2:05pm, or 3:10pm on Saturday afternoons

### 7th/8th Grade Girls

**Practices:** 6:00-7:00pm or 7:00-8:00pm on Mondays or Thursdays

**Games:** 3:10pm or 4:15pm on Saturday afternoons

## High School Boys Basketball League

**Weeknights and Saturdays, December 2, 2015 - March 5, 2016** (no program 12/21-1/2, 1/18, and 2/13-2/18)

**Early Registration Fee: \$130**

**Registration Fee after October 9: \$140**



This 10-week High School Basketball League will provide students currently enrolled in Grades 9-12 with the opportunity to play basketball this winter. Teamwork and sportsmanship will be emphasized while competitiveness is kept to a minimum. Teams will practice for 1 hour one night a week (6:00-7:00 p.m. or 7:00-8:00 p.m. on Mondays) and **games will be played on Saturday afternoons at 4:15pm, 5:20pm, or 6:25pm at the Diamond Middle School.**

### \*\* Notice for In-Town Grades 5-8 and High School Basketball Leagues\*\*

All participants must register in advance. Participants will be evaluated and every effort will be made to create teams of equal skill. There is a **\$25 non-refundable deposit (included in the registration fee)** for these programs. Late registrations will be accommodated only if space is available. These programs are open to Lexington residents ONLY.

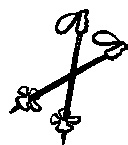
*The success of the Youth Basketball Clinic, the In-Town Basketball Leagues, and High School Basketball League depends greatly upon volunteer coaches. If we do not get enough volunteers, the number of participants accepted will be seriously impacted. Volunteers interested in coaching in the Youth Basketball Clinic or In-Town Leagues are asked to contact the Recreation and Community Programs Department at (781) 698-4800.*





# NASHOBA VALLEY SKI AREA YOUTH SKI AND SNOWBOARD PROGRAMS

## SKI LESSONS FOR GRADES 2–5



FEE: \$290 with transportation  
FEE: \$230 without transportation

**6 Thursdays**      **January 7–February 11, 2016**      **1:00–5:15 p.m. (Lesson Time: 3:00 p.m.)**

The Thursday Afternoon Ski package includes transportation, six one-hour lessons and lift tickets. Parent volunteers will act as chaperones. **Buses leave the Lexington Community Center parking lot on Marrett Road at 1:15 p.m. and return at 5:15 p.m.** For parents who would prefer to drive their children to Nashoba Valley each week, the Thursday lesson program **ONLY** has a **NO TRANSPORTATION** option. The cost for the program without transportation is \$230.

The program fee includes a **\$50.00 non-refundable deposit**. *Before registering please consider possible conflicts such as Thursday afternoon band or orchestra rehearsals. Refunds will not be guaranteed after December 24, 2015.*

## SNOWBOARD LESSONS FOR GRADES 4 & 5

FEE: \$290 with transportation  
FEE: \$230 without transportation



**6 Thursdays**      **January 7–February 11, 2016**      **1:00–5:15 p.m. (Lesson Time: 3:00 p.m.)**

The Thursday Afternoon Snowboard package for children in **Grades 4 and 5 only** includes transportation, six one-hour lessons and lift tickets. Parent volunteers will act as chaperones. **Buses leave the Lexington Community Center parking lot on Marrett Road at 1:15 p.m. and return at 5:15 p.m.** For parents who would prefer to drive their children to Nashoba each week, the Thursday Lesson Program **ONLY** has a **NO TRANSPORTATION** option. The cost for the program without transportation is \$230.

The program fee includes a **\$50.00 non-refundable deposit**. *Before registering please consider possible conflicts such as Thursday afternoon band or orchestra rehearsals. Refunds will not be guaranteed after December 24, 2015.*

**Equipment rentals** will be fitted for those registered for the program on Thursday, December 3, 2015 in the **Lexington Community Center Cafeteria** from 6:30–8:00 p.m. for \$110, payable to Nashoba Valley at the fitting. (At Nashoba the rental fee will be \$120.00.) Helmets may be purchased at ski rental night for \$60.



## FRIDAY NIGHT SKI AND SNOWBOARD LESSONS FOR GRADES 6–12

**FEE INCLUDING LESSONS: \$285**      **FEE WITHOUT LESSONS: \$255**

**5 Fridays**      **January 8–February 5, 2016**      **5:30–10:45 p.m.**



Participants will leave by bus from the Lexington High School parking lot on Worthen Road **promptly** at 5:45 p.m. and will return by 10:45 p.m. The Ski or Snowboard package includes transportation, lift tickets and five one-hour lessons *for those who have selected the lesson option when registering*. Parent volunteers will act as chaperones.

*The fee includes a non-refundable \$50.00 deposit.* (Before registering please consider possible conflicts, such as Friday evening sports and music commitments, etc.) Refunds will not be guaranteed for cancellations after December 24, 2015. **The choice of taking a ski or snowboarding lesson MUST be made when registering for the program.**

**Equipment rentals** will be fitted for those registered for the program on Thursday, December 3, 2015 in the **Lexington Community Center Cafeteria** from 6:30–8:00 p.m. for \$100, payable to Nashoba Valley at the fitting. (At Nashoba the rental fee will be \$110.00.) Helmets may be purchased at ski rental night for \$60. **IF YOU REGISTER FOR THE FRIDAY NIGHT SKI AND SNOWBOARD PROGRAM, YOU MUST GO TO AND FROM NASHOBA VALLEY ON THE BUS.**

*The success of our youth ski and snowboard program depends on parent volunteers. If you are available to volunteer (no skiing required) for either the Thursday or Friday program please contact the Recreation and Community Programs Department and request to fill out the volunteer chaperone form with the dates you are available to assist us!*



## **DROP IN ACTIVITIES AT THE COMMUNITY CENTER**

### **DROP-IN BRIDGE**

Meet your bridge-playing friends at the Center for a cup of coffee, followed by a few games of bridge on Wednesday afternoons from 1:00–3:00 p.m.



### **TABLE TENNIS — 8:00 a.m.—8:45 p.m. Weekdays; 9:00 a.m.—4:45 p.m. Saturdays**

Drop in during our normal operating hours and meet old friends or make new friends during a fun game of ping pong or pool. The rooms are open to all, and we gently ask that you limit your use of the tables if others are waiting to play. Check in at the transaction counter to see if any leagues have time booked.



**Senior Specific Leagues may run Monday, Wednesday and Friday, 1:00– 3:00 p.m.**

### **FRIDAY BINGO**

Join your friends for a fun afternoon of BINGO at the Community Center. Bingo begins at 1:30p.m. Players may purchase their cards as of 1:15 p.m.; Residents card prices

### **DROP-IN MAH JONGG**

Do you like to play scrabble? How about chess, checkers, dominoes or Mah Jongg? If so, come on down to the Community Center on Monday afternoons from 1:00–3:00 p.m. in Room 217.

### **BILLIARDS — 8:00 a.m.—8:45 p.m. Weekdays; 9:00 a.m.—4:45 p.m. Saturdays**

Drop in during our normal operating hours and meet old friends or make new friends during a fun game of ping pong or pool. The rooms are open to all, and we gently ask that you limit your use of the tables if others are waiting to play. Check In at the transaction counter to see if any leagues have time booked.



**Senior Specific Leagues may run Monday, Wednesday and Friday, 1:00– 3:00 p.m.**

### **STRETCH AND BEND: 9:00–9:30 a.m. Monday, Wednesday, Thursday**

**8:30–9:00 a.m. Tuesday**

**11:00–11:30 a.m. Friday**

Self-led stretching and flexibility group geared to those 60+.

### **CARDIO FITNESS ROOM - 8:00 a.m.—8:45 p.m. Weekdays; 9:00 a.m.—4:45 p.m. Saturdays**

Do you like the smaller gym atmosphere but still all the equipment that is at the big gym's? If yes, then come down to the Community Center fitness room where you can use treadmills, ellipticals, stationary bikes, a spin bike, a stair stepper, dumbbells ranging from 3lb–50lb, and a water rower. If you go down the hall to our smaller fitness room you can find kettlebells, and a total body machine with instructions! We hope to see you all soon using the equipment and staying active! Staff are available to show you how to use the equipment.



### **GAMES ROOMS (107 AND 108) - 8:00 a.m.—8:45 p.m. Weekdays 9:00 a.m.—4:45 p.m. Saturdays**



Do you want to just come to the Community Center to hang out? Then come on by to the games room where we will have an air hockey table, video games systems, a 60" TV, and board games for everyone to play all day. Come by with your friends, family, and neighbors and enjoy yourself.





## ADULT PROGRAMS

### WOMEN'S FITNESS BOOT CAMP

This popular 12-week fitness program is designed specifically for women and will incorporate upper and lower body weight exercise as well as cardiovascular activities. Band work and many body exercises will be included. Paul McManus returns to lead this program. All levels of ability are welcome to participate. Women should bring a jump rope, this exercise mat, and two 5-10 lb. hand weights.

**Fee:** \$105/1 day per week  
\$200/2 days per week  
**Ages:** 18+  
**Dates:** Tuesdays & Thursdays,  
September 8th — November 19th  
**Time:** 6:00 — 7:00 a.m.  
Rain or Shine  
**Location:** Lincoln #2

### SATURDAY SHRED **NEW**

A high intensity, total body workout combining strength training and cardio drills. Challenging workouts that will test your agility, muscle conditioning, balance, and strength with no equipment needed.

**Fee:** \$150  
**Ages:** 18+  
**Dates:** Saturdays, September 12th —  
October 31st (No 10/10)  
**Time:** 7:30 — 8:30 a.m.  
**Location:** Lincoln #2

### FALL ADULT TENNIS LESSONS

**\$65 per person**

The Fall Adult Tennis Program is designed to give all players, regardless of ability, the opportunity to learn new skills and/or improve existing ones. The fall session will include 4 lessons. Due to the upcoming tennis court renovations at the Gallagher and Clarke Tennis Courts, the dates and locations for the lessons listed below are subject to change and participants will be notified about any changes.

#### Saturday Mornings

**Dates:** September 12th — October 3rd

**Location:** Clarke Tennis Courts

**Times:** 9:00 — 10:00 a.m. (Beginner)  
10:00 — 11:00 a.m. (Advanced Beginner)  
11:00 a.m. — 12:00 p.m. (Intermediate)

#### Thursday Evenings

**Dates:** September 24th — October 15th

**Location:** Gallagher Tennis Courts

**Times:** 6:00 — 7:00 p.m. (Beginner)  
7:00 — 8:00 p.m. (Advanced Beginner)  
8:00 — 9:00 p.m. (Intermediate)

- **Beginner** — designed for the brand new player or inexperience recreational player. Introduces serve, volley, forehand and backhand strokes, court positions, and tennis terms.
- **Advanced Beginner** — reviews beginner strokes with emphasis on stroke execution. Introduces lob, overhead, scoring, and rules. Students must know the basic strokes and forehand rallying.
- **Intermediate** — for those wishing to perfect their strokes through drills with emphasis on consistency, and singles and doubles strategy and match play.

### ADULT PICKLEBALL

Try out the fastest growing sport around! Similar to ping pong, badminton, and tennis, it is a fun, active game that can be mastered by anyone and is currently the fastest growing sport in the United States. Equipment will be provided and all levels of experience are welcomed.

**Fee:** \$40  
**Ages:** 18+  
**Dates:** Wednesdays, September 16th -  
November 18th  
(No 9/23 and 11/11)  
**Time:** 6:00 — 8:00 p.m.  
**Location:** Diamond Middle School Gym



## ADULT PROGRAMS

### EARLY MORNING ADULT DROP-IN GYM @ LHS FIELD HOUSE

Season membership cards **are required** for this morning drop-in program. The pass is also valid for the adult evening drop-in program. ID cards may be obtained at either the Lexington Community Center or onsite at the program. **This program does not meet on holidays or during school vacations.**

<b>Fee:</b>	<b>\$95/residents</b> <b>\$115/non-residents</b>
<b>Ages:</b>	18+
<b>Dates:</b>	Mon., Wed., & Fri., Sept. 2015 – August 2016
<b>Time:</b>	6:15 – 7:15 a.m.
<b>Location:</b>	LHS Field House/Gym

### EVENING ADULT DROP-IN GYM @ LEXINGTON HIGH SCHOOL FIELD HOUSE

**Monday–Thursday, November 2nd, 2015 – Thursday, April 17th, 2016**

Resident Season Pass:	\$60.00	Non-Resident Season Pass:	\$85.00
Resident Daily Admission:	\$3.00 per person	Non-Resident Daily Admission:	\$5.00 per person

- **JOGGING** (all ages) Monday-Thursday 7:15-9:30 p.m.
- **ADULT BASKETBALL** (age 18+) Mondays & Thursdays 7:15-9:30 p.m.
- **ADULT INDOOR SOCCER** (age 18+) Tuesdays & Wednesdays 7:15-9:30 p.m.

**NOTE: This program does not meet on holidays or during school vacations.**

### ADULT DROP-IN VOLLEYBALL

Come to the Estabrook Gym for ten weeks of drop-in volleyball. Lace up your sneakers, grab a water, bottle, and tell your friends and neighbors. ***Pre-registration is required and space is limited. Register early!***

<b>Fee:</b>	<b>\$50</b>
<b>Ages:</b>	18+
<b>Dates:</b>	Thursdays, October 1st – December 10th (No 11/26)
<b>Time:</b>	7:30 – 9:30 p.m.
<b>Location:</b>	Estabrook School Gymnasium

### ADULT DROP-IN BADMINTON

Put on your sneakers, grab your badminton racquet, sign up with a friend or two and come join us at the Estabrook School gym for ten weeks of drop-in badminton. ***Pre-registration is required and space is limited. Register early!***

<b>Fee:</b>	<b>\$50</b>
<b>Ages:</b>	18+
<b>Dates:</b>	Mondays, September 28th – December 7th (No 10/12)
<b>Time:</b>	7:30 – 9:30 p.m.
<b>Location:</b>	Estabrook School Gymnasium

### ADULT SKI & SNOWBOARD PROGRAMS

The adult program at Nashoba Valley is available for beginners through advanced skiers and snowboarders. The program includes a six-week session of lessons and lift tickets. Classes are available weekday mornings (with free skiing/boarding from 9:00 a.m.—5:00 p.m.) or evenings (with free skiing/boarding from 5:00–10:00 p.m. on lesson days). Adults pick **ONE day (morning or evening) and come any six times throughout the season.** The price of rentals is \$110 for skis and snowboards, payable to Nashoba Valley at the fitting. Helmets may be purchased at a cost of \$60.

<b>Fee:</b>	<b>\$205</b>
<b>Ages:</b>	18+
<b>Dates/Times</b>	
	6 Sun. starting 1/10 @ 5:30pm
	6 Mon. starting 1/4 @ 10am or 7:30pm
	6 Tues. starting 1/5 @ 10am or 7:30pm
	6 Wed.. starting 1/6 @ 10am or 7:30pm
	6 Thurs. starting 1/7 @ 10am or 7:30pm
<b>Location:</b>	Nashoba Valley Ski Area



## ADULT PROGRAMS

### BALLROOM DANCE CLASSES

- **Beginner Ballroom** Join Instructor **Francis Floyd** to learn the basics of Fox Trot, Cha Cha and Rumba in this class. This is a great class for upcoming proms and weddings!
- **Level II & Advanced Ballroom** Intermediate dancers will improve upon those steps learned in the beginner class, and be introduced to the Tango and Rumba. More advanced dancers will sharpen their dancing skills, and learn new dances.

**Fee:** \$125/couple  
**Dates:** 10 Tuesdays, September 29th — November 24th (No 11/10)  
**Beginner:** 6:30 — 7:25 p.m.  
**Level 2+:** 7:30 — 8:25 p.m.  
**Location:** LCC Room 242

### TUESDAY EVENING YOGA

Join certified instructor **Keith Herndon** in this physically balancing workout of Yoga. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus. Participants should bring a yoga mat and water bottle.

**Fee:** \$125  
**Dates:** 10 Tuesdays, September 15th — December 8th (No 9/22, 10/6, 11/10)  
**Time:** 7:30 — 8:30 p.m.  
**Location:** LCC Room 006

### SATURDAY ZUMBA WORKOUT

**NEW**

Join instructor **Karl Weiland** in this Saturday afternoon dance/fitness class that takes the work out of working out! The energizing music uses a variety of Latin, international and pop rhythms, and will have you sweating, smiling, shedding inches and toning up, while protecting your joints, tendons and ligaments! Whether you are just starting/getting back on your fitness journey, or are extremely fit; if you are on weight loss program, or coming back from an injury, come join the party!

**Fee:** \$100  
**Dates:** 10 Saturdays, September 26th — November 21st (No 10/10)  
**Time:** 3:00 — 4:00 p.m.  
**Location:** LCC Room 006

### STRENGTH TRAINING (Seated and Floor)

**NEW**

This 55-minute class will help you build a stronger, more sculpted body; improve posture and balance and reduce the risk of osteoporosis. You will also learn proper weight-training techniques, which is key to success. The class begins with a brief warm-up, followed by strength training exercises for all the major muscle groups of the body, both standing and on a mat, and concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. The class is taught by nationally **certified exercise instructor, Pearl Pressman**, and is designed to accommodate participants of all fitness levels and abilities. Athletic shoes, a mat and water are recommended.

**FEE:** \$80  
**Dates:** 8 Tuesdays and Thursdays, September 15th — November 5th  
**Time:** 12:00 — 12:55 p.m.  
**Location:** LCC Room 006

### BOLLYX

**NEW**

Unleash you inner rockstar! Experience a Bollywood-inspired dance fitness program lead by instructor **Doris Wong** that combines exhilarating choreography and calorie-burning workouts with upbeat music from around the world. All levels welcome. Learn more at: <http://bollyx.com/>

**FEE:** \$80  
**Dates:** 8 Saturdays, September 26th — December 5th (No 10/17, 10/24, 11/28)  
**Time:** 11:00 — 11:50 a.m.  
**Location:** LCC Room 006





## ADULT PROGRAMS

### BODY CORE: A Total Fitness Class

Body Core is a total body workout class that includes low impact-high intensity cardio routines, body-sculpting, core strengthening exercises using the Pilates method, Yoga stretching, and Zumba dance. You will learn to strengthen and sculpt lean muscle, increase flexibility, and improve your posture. Instructors **Ellen Gaies (Thursdays)** and **Diane Taylor (Mondays)** will show you how to get dancer fit and achieve a stronger body. Please bring a rollup mat, aerobics style shoes, and hand weights. Optional: bring a large or small fitness ball and handled stretch band.

### R.A.D. WOMEN'S SELF DEFENSE

The Lexington Police Department and the Lexington Recreation and Community Programs Department are proud to be collaborating on this very important Women's Self Defense Program. Over the course of the program, taught by Lexington Police Officer Charles Crayton, students will be involved in a discussion of risk reduction strategies, date rape, continuum of survival, defensive strategies and the basic principles of defense. Participants will then begin the process of hands-on training. The program will culminate with students participating in "simulated assault" scenarios at full contact with RAD instructors. Participants should wear loose fitting, comfortable clothing and bring a water bottle to class.

### LOW IMPACT ZUMBA

Join instructor **Karl Weiland** in this evening dance/fitness class that takes the work out of working out! This cardio/body toning class is very easy to follow and no prior experience is needed. Whether you are just starting/getting back on your fitness journey, or are extremely fit; if you are on weight loss program, or coming back from an injury, come join the party!

### WEDNESDAY EVENING YOGA

Join certified instructor **Keith Herndon** in this physically balancing workout of Yoga. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus. Participants should bring a yoga mat and water bottle.

**Fee:** \$150

**Dates:** **10 Mondays**, September 28th — December 7th  
(No 10/12)

**10 Thursdays**, September 24th — December 3rd  
(No 11/26)

**Time:** 6:00 — 7:30 p.m.

**Location:** LCC Room 006

**Fee:** \$50

**Dates:** **5 Mondays**, October 5, 19, 26, November 2, & 9

**Time:** 6:00 — 9:00 p.m.

**Location:** LCC Room 242

***NOTE:*** Women who have participated in a prior R.A.D. class through Lexington Recreation may register at no charge.

**Fee:** \$100

**Dates:** **8 Tuesdays**, September 29th — December 1st (No 11/10)

**Time:** 6:30 — 7:30 p.m.

**Location:** LCC Room 006

**Fee:** \$125

**Dates:** **8 Wednesdays**, September 6th — December 9th  
(No 10/7, 11/11, 11/25)

**Time:** 7:00 — 8:00 p.m.

**Location:** LCC Room 242

**Fee:** \$215

**Dates:** **8 Tuesdays and Fridays**  
September 29th — November 20th

**Time:** 9:15—10:15 a.m. (Tuesday)  
9:00—9:55 a.m. (Friday)

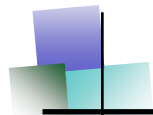
**Location:** LCC Room 006

### OSTEOFITNESS—Building Bone Building Bonds

**NEW**

This is a successful evidence-based class targeting Osteoporosis that brings results. Build new bone with progressive strength training targeted to the most common Osteoporotic sites – spine, hip and wrists without bisphosphonates. Learn drills that prevent falls and improve mobility, many of which travel well to your home and when you are out and about. Participants will be in a fun and supportive environment where many fitness levels are presented. This class is designed for post-menopausal women who have or who are at risk for Osteoporosis and does not exclude men or those who are looking for strengthening and balance development. This class is modeled after "Strong Women Stay Young" and includes all joint-friendly moves as advised by the Arthritis Foundation. **Instructor: Beverly Ikier** *Please bring your own mat.*





## LIFETIME (60+) PROGRAMS

### TAI CHI

Tai Chi is a 4,000 year old art of meditation and motion. It promotes physical, mental and emotional health by promoting movement relaxation and self defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing and improves posture. **Instructor: Bill Barons**

**Fee:** \$36  
**Dates:** 8 Wednesdays, September 16th — November 4th  
**Time:** 1:30 — 2:30 p.m.  
**Location:** LCC Room 242

### BRIDGE INSTRUCTION

Have you always wanted to learn how to play bridge or brush up on your bridge skills? If so, come join us for an 8-week program to learn, practice and play! **Instructor: Bob Gaudet**

**Fee:** \$80/residents  
\$100/non-residents  
**Dates:** 8 Tuesdays, September 15th — November 3rd  
**Time:** 9:30 — 11:00 a.m.  
**Location:** LCC Room 242

### 60+ FITNESS

This class offers a total body fitness by offering exercises for flexibility, toning, balance, endurance and stretching. There are movements to warm up muscle groups and to relax the mind and body. Free weights are used to promote upper and lower body strength. Resistance bands enhance flexibility training. About 10 minutes of this hour long class is spent doing cardio exercises to build endurance.

**Instructors:** Amelia Hoffman & Maureen Gaines

**Fee:** \$54  
**Dates:** 8 Mondays & Wednesdays, September 14th — November 9th (No 10/12)  
**Time:** 9:45 — 10:45 a.m.  
**Location:** LCC Room 006

### GENTLE YOGA

These classes offer traditional yoga practices, including breathing exercises, movements and poses (postures), relaxation techniques, and meditation. This **beginner** level class is designed primarily for those over age 60, including individuals who may have some physical limitations or challenges. Careful attention is paid to warming up while sitting in chairs prior to standing and, eventually, sitting and lying on floor mats. Goals include increased flexibility, strength, circulation, relaxation, peace of mind, and overall wellness. **Instructor: Lisa Groves**

**Fee:** \$54  
**Dates:** 8 Mondays, September 14th - November 9 (No 10/12) OR 8 Fridays, September 18th — November 6th  
**Time:** 2:45 — 3:50 p.m. (Monday)  
10:45 — 11:50 a.m. (Friday)  
**Location:** LCC Room 242

### SEATED STRENGTH TRAINING

This seated class is designed to accommodate individuals of various fitness levels and can be adapted to meet the needs of any participant. The class begins with a thorough warm-up of joints and muscles, and is followed by strength training exercises for all of the major muscle groups of the body using hand weights, resistance bands and body weight. The class concludes with stretching exercises to increase flexibility. **Instructor: Pearl Pressman**

**Fee:** \$54  
**Dates:** 8 Tuesdays and Thursdays, September 15th — November 5th  
**Time:** 11:00 — 11:55 a.m.  
**Location:** Community Center Room 006 Fitness Room

### NORDIC POLE WALKING

**NEW**

You might have heard of Nordic Pole Walking. It's sweeping North America and it's just super exercise for ALL ages! Nordic Pole Walking is simply walking with poles. Just adding that little motion with those nordic walking sticks, nordic pole walking adds stability and balance when you walk, increases your fitness level, endurance and strength.

**Instructor: Janie Strzepek**

**Poles provided for each class. Class runs rain or shine!**

**Fee:** \$90  
**Dates:** 8 Tuesdays, September 15th — November 3rd  
**Time:** 9:30—10:30 a.m.  
**Location:** Lexington Community Center Grounds



## LIFETIME (60+) PROGRAMS

### MODERATE YOGA

The Intermediate Yoga classes build upon the Beginner level, offering traditional yoga practices, breathing exercises, movements, poses (postures), relaxation techniques, and meditation. This class is designed for those over age 60 who are more experienced in the practice of Yoga, including individuals who may have some physical limitations or challenges. **Instructor:** Lisa Groves

### FITNESS FRIDAYS

This class is designed for residents 60+ with a combination of fitness and yoga. The goal is to improve balance and tone by involving all major muscles of the body. The class uses weight bearing exercises to reduce and prevent osteoporosis and increase overall wellness. **Instructor:** Renae Nichols

### LINE DANCING

This popular program teaches a variety of line dances to participants. The instructor demonstrates movements and the class carries out the movements to music. **Instructor:** Sam O'Clare

### BEGINNER QUILTING

Have you always wanted to learn how to quilt? If so this class is for you! Begin a sampler quilt or work on smaller projects with other participants. **Instructor:** Jane Norberg

### ADVANCED QUILTING

Explore advanced machine quilting techniques and design sampler type quilts using varied block shapes and sizes.

**Instructor:** Jane Norberg

**Fee:** \$54  
**Dates:** 8 Mondays, Sept. 14th — November 9th (No 10/12) OR 8 Fridays, Sept. 18th — November 6th  
**Time:** 9:30—10:35 a.m. (Friday) or 4:00—5:05 p.m. (Monday)  
**Location:** LCC Room 242

**Fee:** \$24  
**Dates:** 8 Fridays, Sept. 18th — November 6th  
**Time:** 10:00 — 11:00 a.m.  
**Location:** LCC Room 006

**Fee:** \$24  
**Dates:** 8 Thursdays, Sept. 17th — November 5th  
**Time:** 1:30 — 2:30 p.m.  
**Location:** LCC Room 006

**Fee:** \$60  
**Dates:** 8 Thursdays, Sept. 17th — November 5th  
**Time:** 1:00 — 3:30 p.m.  
**Location:** LCC Room 230

**Fee:** \$60  
**Dates:** 8 Thursdays, Sept. 17th — November 5th  
**Time:** 9:00 — 11:30 a.m.  
**Location:** LCC Room 230

## FOREVER FIT ~ A NEW WELLNESS PROGRAM FOR ADULTS 60+ FUNDED BY A GENEROUS GRANT FROM THE DANA HOME FOUNDATION

Please attend our information session on September 16th at 1:15 p.m. in the Dining Room at the Lexington Community Center, 39 Marrett Road. Learn more about this exciting new program, taught by Judy Whitney, personal trainer with over 30 years experience in the fitness industry. "Forever Fit" will provide individual assessments followed by one on one and small group personal training sessions on Monday and Wednesday afternoons. Whether your goal is to develop strength, improve balance or increase flexibility, this program is available to assist you. Our approach is first to develop a rapport with you in an attempt to better understand what your individual needs are. Together, we will formulate realistic and attainable goals and work with you to reach these goals.



## O.W.L.L. COURSES FOR OLDER, WISER, LIFELONG LEARNERS

Friends of the Council on Aging Program supported by a grant from The Dana Home Foundation

### O.W.L.L. Fall Semester Courses 2015

Kick-off Reception September 9th at 3:00 at the Lexington Community Center

#### Music: The Russians are Coming!

Through the music of Rachmaninov, Prokofiev, Shostakovich, and Khachaturian, we'll learn about their worlds in which art is threatened by the machinations of a political regime.

**Instructor: Dotty Burstein**

Session A -Tuesdays 10:00-12:00 beginning October 6 (4 sessions) **Room 242**

Session B -Thursdays 10:00-12:00 beginning October 8 (4 sessions) **Room 242**

#### Africa's Exciting Future

A wide variety of topics will be discussed: Governance, leadership, and educational challenges, along with Africa's position in a globalized world, Sub-Saharan prosperity, and much more.

**Instructor: Robert Rotberg** Tuesdays 1:30-3:00 beginning October 6 (5 sessions) **Room 139**

#### Shakespeare's *The Tempest*: Weathering Storms - Reconciliation, Forgiveness, Letting Go and Moving On

*The Tempest* wrestles with questions about art and life, human nature, power, and love. Filled with magic and wit, this "musical" play engages audiences with slavery, cruelty and revenge.

**Instructor: Elizabeth Kenney** Wednesdays 10:00-12:00 beginning October 7 (5 sessions) **Room 242**

#### Nuclear Energy: What Does the Future Hold - Examining the Political, Economic, and Cultural Impacts

A layperson's introduction: the science of the nucleus, the potential of nuclear energy both for war and for peace, nuclear medicine, and the ongoing challenges to humanity.

**Instructor: Nancy H. Kolodny** Wednesdays 2:00-3:30 beginning October 14 (5 sessions) **Room 139**

#### Narrating the World: The Stories We Tell

We enact our own lives and understand the lives of others through the stories we tell ourselves. We pass on our knowledge and wisdom to others through narratives of various styles and forms. Similarly, the stories that nations, cultures and individuals believe determine how they will respond to challenges. **Instructor: Larry**

**Prusak** Fridays 10-11:30 beginning October 30 (3 sessions) **Room 242**

#### How to Read a Poem

We will learn how to discover the significance of poetry by studying imaginative processes, rhetorical devices, and the sensibility of poems. During this process, we will explore examples of contemporary poetry, older poetry, and poetry in translation. **Instructor: Tom Daley** Fridays 12:00 to 2:00 beginning September 18 (4 sessions)

**Room 242**

#### O.W.L.L. FALL 2015 REGISTRATION FORM (Please print clearly)

NAME \_\_\_\_\_ Age (as of 9/1/15) \_\_\_\_\_

Address \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone(s) \_\_\_\_\_ Email \_\_\_\_\_

I would like to register for the following course(s):

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

Please **mail registration form and fee of \$25/course (Lexington residents) or \$50/course (Lexington residents under 60 and non- residents) to** Friends of the Council on Aging, ATTN: O.W.L.L., P.O. Box 344, Lexington, MA 02420 **or register at the Lexington Community Center. Financial aid is available for Lexington residents. For further information, email [owll.fcoa@gmail.com](mailto:owll.fcoa@gmail.com) or call the Community Center at 781-698-4870.**



## RECREATION PARKS, PLAYGROUNDS, AND FIELDS

### **Adams Park**

**Location:** 739 Massachusetts Ave. (behind Waldorf School)

**Facilities:** Intermediate soccer field, T-ball field, 2 tennis courts, basketball court, play structure, swings.

### **Baskin Park**

**Location:** Wyman Road

**Facilities:** basketball court, open space, T-ball area.

### **Blossom Park**

**Location:** Blossom Street

**Facilities:** open space.

### **Bowman Park**

**Location:** 13 Watertown Street/Pleasant Street

**Facilities:** trails.

### **Bowman School Field**

**Location:** 9 Philip Road

**Facilities:** school playfield, softball field, basketball court, open athletic field, play structure, swings.

### **Bridge School Fields**

**Location:** 55 Middleby Road

**Facilities:** school playfield, swings, net climbing structure, play structure, softball field, little league field, open space, trails.

### **Center Recreation Complex**

**Location:** Worthen Road

**Facilities:** 1 soccer field, 1 lighted softball field, track, 2 baseball fields (1 lighted), skate park, 2 lighted basketball courts, little league field, 3 tennis practice boards, 10 tennis courts (4 lighted), outdoor pool complex (4 pools), tennis booth, toilet facilities, swings, 2 play structures, football field.

### **Clarke Middle School Fields**

**Location:** off Brookside Avenue

**Facilities:** school playfield, regulation soccer field, softball field, baseball field, basketball court, 3 tennis courts, open athletic field, nature trail.

### **Diamond Middle School Fields**

**Location:** Sedge Road

**Facilities:** school playfield, softball field, baseball field, soccer fields.

### **Estabrook School Field**

**Location:** 117 Grove Street

**Facilities:** school playfield, 2 basketball hoops, softball/junior baseball field, intermediate soccer field, modular play equipment, swings.

### **Fiske School Fields**

**Location:** 55 Adams Street

**Facilities:** school playfield, 2 junior baseball fields, play equipment, swings.

### **Franklin Park**

**Location:** 5 Stedman Road

**Facilities:** softball/junior baseball field, intermediate size soccer field, play structure, swings, slide, trails.

### **Freemont Street**

**Location:** Freemont Street

**Facilities:** wooded area, trails.

### **Garfield Park**

**Location:** Garfield Street

**Facilities:** play structure, little league field, trails, swings.

### **Harrington School Fields**

**Location:** 328 Lowell Street

**Facilities:** school playfield, softball field, little league field, soccer field, basketball court, play equipment, swings.

### **Hastings School Field**

**Location:** 7 Crosby Road

**Facilities:** school playfield, play structure, swings, basketball court, softball/junior baseball, intermediate soccer field.

### **Justin Park**

**Location:** Justin Street

**Facilities:** play structure, swings, open space, trails.

### **Kinneens Park**

**Location:** Burlington Street

**Facilities:** play structure, swings, 1/4 basketball court, T-ball field.

### **Lexington Old Reservoir**

**Location:** Marrett Road

**Facilities:** swimming facility, bathhouse, picnic area, trails.

### **Lincoln Park**

**Location:** Lincoln Street

**Facilities:** 3 in-fill synthetic turf athletic fields, softball field, little league field, fitness path, nature trails, toilet facility, picnic area with grills and shelters, 2 play structures, spring riders, swings.

### **Marvin Park**

**Location:** Winter Street

**Facilities:** play structure, swings, basketball court, open space, trails.

### **Munroe Park**

**Location:** 1403 Massachusetts Avenue

**Facilities:** play structure, swings, sand digger, open field space, T-ball area.

### **Muzzey Field**

**Location:** next to 1475 Massachusetts Avenue

**Facilities:** soccer field, open space.

### **Oxford/Bow Street Park**

**Location:** Bow Street

**Facilities:** swing set, Minuteman Bikeway.

### **Parker School Land (Valley)**

**Location:** Valley Road

**Facilities:** 2 tennis courts, open space.

### **Pine Meadows Golf Club**

**Location:** 232 Cedar Street

**Facilities:** 9 hole public golf course, clubhouse.

### **Poplar Street Park**

**Location:** Poplar Street

**Facilities:** open space, trails.

### **Rindge Park**

**Location:** Rindge Avenue

**Facilities:** play structure, swings, basketball court, open space, T-ball fields.

### **Sutherland Park**

**Location:** Sutherland Road

**Facilities:** softball/junior baseball field, basketball court, play structure, swings, trails, open field space.

### **Tower Park**

**Location:** Massachusetts Avenue

**Facilities:** open space, walkways, bikeway.

### **Valleyfield Park**

**Location:** Valleyfield Street

**Facilities:** open space, trails.

### **Willard's Woods**

**Location:** North Street

**Facilities:** wooded area, trails, orchard, open fields.

## OTHER LEISURE PURSUITS

### Teresa and Roberta Lee Fitness ~ Nature Path

The fitness and nature path is 1.35 plus miles and wanders through delightful natural areas as well as around the playing fields at Lincoln Park. There are fifteen (15) self-directed, accessible exercise stations for fitness and nature enthusiasts of all levels to enjoy. The Teresa and Roberta Lee Fitness ~ Nature Path can be accessed from either the entrance to Lincoln Park or from Worthen Road across from the Center Recreation Complex.

### Bicycling

Maps of Lexington bike paths are available at the Recreation and Community Programs Department office, Conservation office, and the Chamber of Commerce.

### Ball Field Permits

A limited number of ball fields are available for residents to use, field conditions permitting. **Permits are required for play on ALL fields.** Permits are issued at the Recreation and Community Programs Department office on a first-come, first-serve basis. Please contact the Recreation and Community Programs Department.

### ED2GO ~ Online Education Courses

Update your skills, discover a new talent, or chart a career path at your own pace and at your convenience with our online courses. Each course runs for six weeks and is comprised of 12 lessons. All materials are made available to you over the World Wide Web. All you need to get started is Internet access, an email address and a Web browser. Take a look at the online site: [www.ed2go.com/lexrec](http://www.ed2go.com/lexrec) to view courses.

### Pine Meadows Golf Club

This public course opens in mid-March, weather permitting. The club is owned by the Town of Lexington and managed by New England Golf Corporation. This par 35 course features elevated tees, tree-lined fairways and rolling greens. Call the Pro Shop at 781-862-5516 for 2015 fees and tee time schedules. **Golf ID cards** (\$10.00) are available at the Recreation and Community Programs Department Office for Lexington Residents **ONLY**. A Golf ID card entitles the holder to reserve tee times up to 14 days in advance.

### Sing Along Chorus and Sing Along Singers: Integrated Choruses of Teens and Adults

Members of the choruses meet for weekly evening rehearsals, which include time for socializing and refreshment. Community outreach activities by the choruses have included performances at hospitals, nursing homes and the annual SNAP fundraising concert. This year the choruses will meet and rehearse at the Lexington Community Center. The choruses are run by Special Needs Arts Programs, Inc. For more information email: [info@SNAPsing.org](mailto:info@SNAPsing.org).

### SPARCL ~ Special Arts Classes

Special Art Classes for adults in painting, clay, crafts, and other multi-art media. This year the Saturday classes will take place at the Lexington Community Center. For more information email: [info@SNAPsing.org](mailto:info@SNAPsing.org).

### LABBB ~ Special Events

The Lexington Community Center will be collaborating with the LABBB program to offer a series of special events on October 30th, November 20th, December 18th, January 21st, February 11th, March 18th and May 19th. These dances and events begin at 6:00 p.m. For more information, check the Recreation and Community Programs website.

# SAVE THE DATE

## Saturday, October 17, 2015



10:00 A.M.—1:00 P.M.

LEXINGTON COMMUNITY CENTER ~ GRAND OPENING CELEBRATION



## LEXINGTON RECREATION & COMMUNITY PROGRAMS DEPARTMENT

39 Marrett Road Lexington, MA 02421 (781) 698-4800



### NASHOBA VALLEY SKI PROGRAM - 2016 ON-SITE INFO/EMERGENCY FORM

(Please **print clearly** and check the appropriate lines when registering. Return form **promptly**.)

Will you be renting equipment? Yes \_\_\_ No \_\_\_

Thursday Ski \_\_\_

Friday Ski with lesson \_\_\_

Friday Ski NO lesson \_\_\_

Thursday Snowboard \_\_\_

Friday Snowboard with lesson \_\_\_

Friday Snowboard NO lesson \_\_\_

Child's Name \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

Address \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Medications and/or allergies: yes \_\_\_ no \_\_\_ if yes, please list: \_\_\_\_\_

Please explain if your child has language barriers, behavior concerns, or other physical problems we should be aware of:

Parent's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

\_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

**IMPORTANT:** In the event of an injury or emergency list name, relationship, and number of contact **WHO CAN BE REACHED** if we are unable to reach a parent. \_\_\_\_\_

(print name)

(relationship)

(phone)

### PARTICIPANT CONDUCT GUIDELINES AND EXPECTATIONS

While participating in a Recreation and Community Programs Department run or sponsored event:

- Participants will use polite and appropriate language. They will not swear, make unkind or mean spirited comments to or about other people involved in the program.
- Participants will treat others with respect at all times.
- Participants will listen respectfully and attentively to all instructions, requests, rules and regulations given by Recreation Program staff.
- Participants will follow and obey the rules and regulations of the program.
- Participants should feel comfortable politely asking appropriate questions or for clarification of rules and regulations.

**Consequences resulting from disregard for above participant guidelines:** 1) Participant's parents will be contacted immediately; 2) participant may be dismissed from the program immediately and will not receive a refund; 3) participant may risk future participation in Recreation and Community Programs Department programs. *(Parents, please share these guidelines with your child.)*

### RELEASE STATEMENT

I/We, the parent(s)/guardian(s) of the above named minor, hereby consent to his/her participation in the Nashoba Valley Ski Program sponsored by the Lexington Recreation and Community Programs Department. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents,

and attorney from any and all liability or expense arising out of any injury involving or on account of any injury to above named minor in conjunction with this program. If I/we can not be reached in an emergency, I/we hereby give permission to the Town of Lexington Recreation & Community Programs Department staff to authorize a physician at a local hospital to secure proper treatment for the child named above. I/We also understand that some participants are scheduled to have a one-hour lesson each week and can ski or snowboard on their own, with a buddy, until it is time to board the bus, and that all participants signed up for the bus are expected to ride on the bus to and from Nashoba Valley each week. I/We acknowledge that an "Information for Skiers and Parents" handout will be sent prior to the start of the program and the participant agrees to abide by the contents therein.



**Lexington Recreation and Community Programs Department**  
**Mai-In Registration Form**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell # \_\_\_\_\_

Email Address (please print) \_\_\_\_\_

Grade

D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ Fall 15 \_\_\_\_\_ School \_\_\_\_\_ T-shirt size \_\_\_\_\_

Emergency Contact Name & Phone \_\_\_\_\_

Special instructions and/or information that the instructor needs to be aware of:

(medical concerns, allergies, special needs, etc.) \_\_\_\_\_

I, \_\_\_\_\_ the participant, or I/We, the parent(s)/guardian(s) of \_\_\_\_\_ a minor, hereby consent to participation in the Town of Lexington Recreation and Community Programs Department, pictures to be taken of my/our child for advertisement and/or promotion of program and to his/her use of recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the above named minor in connection with such program, hereby give permission to the Town of Lexington Recreation and Community Programs Department staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment for my/our child as named above if the need arises.

Adult Participant or Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Please Print Adult Participant or Parent Name \_\_\_\_\_

Program Title	Date/Day/Session	Time	Fee
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____

I would like to donate to the Recreation and Community Programs financial aid fund which allows children to participate in Recreation and Community Programs in the community.

Donation Amount \$ \_\_\_\_\_

TOTAL PAYMENT INCLUDED (program fees & donation): \$ \_\_\_\_\_

Type of Payment: VISA \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_

If paying by credit card: Card Account # \_\_\_\_\_ Exp Date \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

Make checks payable to the TOWN OF LEXINGTON and mail registration and payment to:

Lexington Recreation and Community Programs  
1625 Massachusetts Avenue, Lexington, MA 02420

You may also use the Town Hall Drop Box in front of the Cary Hall Building

Town of Lexington  
Recreation & Community Programs  
1625 Massachusetts Avenue  
Lexington, MA 02421

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ECRWSS  
Residential Patron

LEXINGTON, MA

## THANK YOU!

We would like to take this opportunity to thank all of our 2015 seasonal summer employees and community service volunteers for a job well done.

Their commitment, enthusiasm, humor, tireless efforts, patience and professionalism made this summer a wonderful success!

We also wish to express our appreciation to each individual and family who participated in our summer programs and used our aquatics facilities.

We look forward to seeing you in our fall, winter and spring activities, and again next summer.

**Lexington Recreation and Community Programs Staff**